



Quinoa crispy cakes

15'
Hands on

5 hours'
Hands off

12-14
Portion(s)

1
Difficulty



Ingredients

- 150 g [homemade peanut butter](#)
- 200 g honey
- 80 g quinoa pop
- 150 g oats
- 40 g almonds, slivered
- 50 g coconut, grated

To serve

- avocado(s), in slices
- chili pepper
- egg, fried
- cream cheese
- smoked salmon
- dill
- lemon zest

Method

- In a [saucepan](#) over medium-low heat, add the peanut butter with the honey and mix for 1-2 minutes with a spoon, until the ingredients are homogenized.
- At the same time, in a [bowl](#) mix the puffed quinoa, oats, almonds, and coconut.
- Pour the saucepan's mixture into the bowl and, by wearing [gloves](#), mix until the ingredients are homogenized. You want to cover all the solid ingredients with the honey-peanut butter mixture.
- Line the bottom of a 40x30 cm [baking pan](#) with parchment paper.
- Pour the bowl's mixture into the baking pan and press it with the bottom of a glass, so that it is 1 cm thick over the whole surface, evenly.
- Cover with plastic wrap and refrigerate the baking pan.
- Allow at least 5 hours -or better overnight- for the mixture to thicken. Remove from the baking pan and cut with a 10 cm [round cookie cutter](#) or cut into squares.
- Wrap each crispy cake into plastic wrap and store them in the refrigerator.
- Eat them on their own or serve them with your favorite ingredients.

Διατροφικός πίνακας

Nutrition information per portion

221 Calories (kcal)	11.0 Total Fat (g)	3.6 Saturated Fat (g)	24.0 Total Carbs (g)
11%	16%	18%	9%
13.0 Sugars (g)	5.8 Protein (g)	3.1 Fibre (g)	0.09 Sodium (g)
14%	12%	12%	2%